



New England Clam Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon minced
- ☐ 1 bay leaves
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 2 cups bottled clam juice
- ☐ 1.3 clams canned minced
- ☐ 6 tablespoons sherry dry to taste
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cups half and half
- ☐ 1 onion diced

- ☐ 1 pound potatoes diced peeled
- ☐ 4 servings salt to taste
- ☐ 4 servings saltines as needed
- ☐ 4 servings all the tabasco sauce you handle to taste
- ☐ 0.5 teaspoon thyme leaves chopped
- ☐ 4 servings worcestershire sauce to taste

Equipment

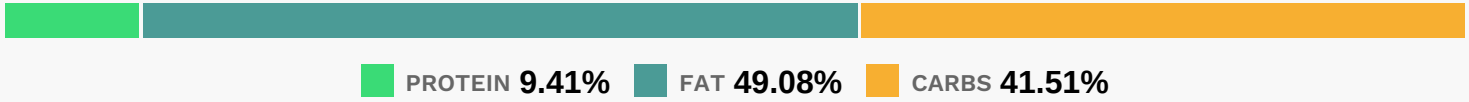
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Drain the clam juice from the minced clams and combine with enough bottled juice to equal 3 cups of liquid.
- ☐ Cook the bacon slowly in a soup pot over medium heat until lightly crisp, about 8 minutes.
- ☐ Add the onion and cook, stirring occasionally, until the onion is translucent, about 5–7 minutes.
- ☐ Add the flour and cook over low heat, stirring with a wooden spoon, for 2–3 minutes.
- ☐ Whisk in the clam juice, bring to a simmer, and cook for 5 minutes, stirring occasionally. The liquid should be the consistency of heavy cream. If it is too thick, add more clam juice to adjust the consistency.
- ☐ Add the bay leaf and fresh thyme.
- ☐ Add the potatoes and simmer until tender, about 15 minutes.
- ☐ Meanwhile, place the clams and cream in saucepan and simmer together until the clams are cooked, about 5–8 minutes.
- ☐ When the potatoes are tender, add the clams and cream to the soup base. Simmer for 1–2 minutes.

- ☐
- Stir in the sherry. Season to taste with salt, pepper, Tabasco, and Worcestershire sauce.
- ☐
- Serve in bowls with the crackers on the side.
- ☐
- From Gourmet Meals in Minutes by The Culinary Institute of America, © 2004 Lebharr-Friedman Books

Nutrition Facts



Properties

Glycemic Index:76.19, Glycemic Load:17.26, Inflammation Score:-8, Nutrition Score:15.42434779587%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 485.3kcal (24.26%), Fat: 25.92g (39.87%), Saturated Fat: 14.32g (89.52%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 45.62g (16.59%), Sugar: 13.83g (15.37%), Cholesterol: 70.98mg (23.66%), Sodium: 858.94mg (37.35%), Alcohol: 2.32g (100%), Alcohol %: 0.61% (100%), Protein: 11.18g (22.36%), Vitamin C: 32.54mg (39.44%), Vitamin B6: 0.58mg (28.85%), Phosphorus: 287.41mg (28.74%), Vitamin B2: 0.46mg (26.97%), Potassium: 920.21mg (26.29%), Calcium: 230.43mg (23.04%), Vitamin B1: 0.27mg (17.71%), Manganese: 0.35mg (17.35%), Vitamin A: 842.58IU (16.85%), Selenium: 10.78µg (15.41%), Fiber: 3.69g (14.75%), Magnesium: 58.85mg (14.71%), Vitamin B3: 2.6mg (12.98%), Folate: 49.68µg (12.42%), Vitamin B5: 1.1mg (10.98%), Copper: 0.2mg (10.21%), Iron: 1.79mg (9.93%), Zinc: 1.39mg (9.3%), Vitamin B12: 0.51µg (8.54%), Vitamin K: 5.66µg (5.39%), Vitamin E: 0.69mg (4.61%)